




# Enrichment Center Caregiver Calendar

## October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 1pm: Caregiver Time Out	2 10am: Diabetes Support	3 1pm: Dementia Caregiver Support 6pm: Friends Supporting Friends Support	4
7 10am: Caring Connection Support Group 10am: 5 Toe Club Amputee Support	8 1pm: Caregiver Time Out 1pm: Low Vision Support Group	9	10 1pm: Grief Support Group 1pm: Stroke Support Group	11 9am: Health & Wellness Day 1pm: Movie Club
14 6:30pm: MS Support Group	15 1pm: Caregiver Time Out	16 10:30am: Parkinson's Disease Support Group	17 1pm: Dementia Caregiver Support 6pm: Friends Supporting Friends Support	18
21 Tech 9-1-1 (Sign-Up For A Time Spot)	22 1pm: Caregiver Time Out	23	24 10am: Grandparents Raising Grandkids Support	25
28	29 1pm: Caregiver Time Out	30	31 HAPPY HALLOWEEN 	

*Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.*

*Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.*